



All boxes marked with a X indicate the presence of an allergen
 All boxes marked with a -- indicate a 'may contain', due to precautionary labelling procedures followed by our suppliers, with regards to shared production spaces and/or equipment
 Please note that while some of our dishes are marked as not containing an allergen, our kitchen is not an allergy free environment and while we do our utmost to avoid it cross contamination can occur

	Celery	Crustaceans	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites	Modifications
Fu Pork Gyoza					X							X	X		
Fu Shiitake & Kale Gyoza	--				X							X	X		
Fu Fried Chicken			X*		X				X*			X**	X		*Egg & Mustard free without Shiso Tartare, ** Sesame free without shichimi
Crispy Cauliflower					X				X*			X**	X***		*Mustard free without QP Mayo, **Sesame free without shichimi, ***Soya free without KFC sauce
Sunshine Salad												X*	X		*Sesame free without garnish
Chilli Crunch Rice					X*							X	X		*Gluten free without crunchy chilli oil
Cucumber Salad					X*							X	X		*Gluten free without crunchy chilli oil
Kimchi Selection					--								X		
Fu Pickles												X	X	X	
Original Fu Ramen			X*	X	X							--	X		*Egg free without ramen egg
Spicy Fu Tantanmen			X*		X							X	X		*Egg free without ramen egg
Miso Chicken Ramen	--				X							X	X		
Green Ramen					X							X	X		
Miso Mushroom Ramen	--				X							X	X		
Spicy Miso Tantanmen					X							X	X		
California Bowl				X								X*	X		*Sesame free without garnish
Seabream Hiyashi Chuka				X	X							X*	X		*Sesame free without garnish
Fu Caesar			X	X	X*		X								*Gluten Free without panko
Roast Beetroot Bowl												X*	X		*Sesame free without garnish
Spicy Tofu					X							X*	X		*Sesame free without any chilli oil
Taco Rice					--		--		X*			X*	X		*Mustard free without QP mayo
Plant Based Taco Rice					--		--		X*			--	X		*Mustard free without QP mayo
Fu Katsu	X		X		X				X						
Fu Cauliflower Bowl					X				X*			X**	X		*Mustard free without QP mayo, **Sesame free without garnish
Pork Chashu													X		
Chicken Tender													X		
Spiced Pork Mince					--							X	X		
Plant Based Mince					--								X		
Grilled Mushrooms															
Ramen Egg			X										X		
Tofu					X*								X		*Gluten free if not cooked in pasta boiler
Pak Choi					X*										*Gluten free if not cooked in pasta boiler
Cabbage Kimchi					--								X		
Seeded Rice												X	X		
White Chocolate & Cherry			X		X		X								
Miso Caramel					X								X		
Pork Sando			X		X		X		X	--		--	X		
Pork Sando Spicy			X		X		X		X	--		--	X	X	
Cauliflower Sando			--		X		--		X	--		--	X		
Cauliflower Sando Spicy			--		X		--		X	--		--	X	X	